



A Six– week after school program to combat childhood obesity brought to you by the Rhythmic Arts Center and the SKN Foundation

Six week curriculum includes

A 30 minute instruction on dance forms like Bhangra and Hip-hop to increase physical activity
A 30 minute instruction on various aspects of nutrition and healthy choices in daily living.

To schedule this program, contact the SKN Foundation at mitli@sknfoundation.org or call 908-671-1344